



**HOT TOPIC:**

## IS COCONUT OIL HEALTHIER?

Coconut Oil is 92% saturated fat and contains lots of energy at 505kj a tablespoon. Saturated or unhealthy fats increase your bad and total cholesterol levels. Coconut oil is being promoted as healthy because a few small studies have shown that it may increase good cholesterol levels. However it also increases bad and total cholesterol levels, so overall coconut oil is still bad for your heart health.

**BEST CHOICE:** Spray olive oils, canola oils and avocado. These contain unsaturated or healthy fats which only raise your good cholesterol levels and are better for your health than coconut oil.

### WHAT'S IN SEASON: SPINACH!

It's full of vitamins and minerals!  
Use in sandwiches, stir-fries, pasta, pizza, curries and soup.



**HOT HINT:**  
**USE THE LABEL READING CARD TO COMPARE SIMILAR FOOD PACKAGES ALREADY IN YOUR CUPBOARD!**

Compare numbers in the 100g column	Best choice 😊	OK sometimes 😐	Poor choice 😞
TOTAL FAT	Less than 3g	3 - 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 - 3g	More than 3g
SUGAR	Less than 5g	5 - 15g	More than 15g
SODIUM	Less than 120mg	120 - 400mg	More than 400g
FIBRE	Choose high fibre. Use the 'per serve' column and choose more than 3g fibre per serve		

From [livelighter.com.au](http://livelighter.com.au)

### FOOD FUNNIES

What do you call a cheese that's not yours?

Nacho cheese!

What do you call a fake noodle?

An impasta.



# RECIPE OF THE MONTH: PIZZA!

Serves 2

## Equipment:

- 1 bowl
- Round pizza tray or square tray
- Sifter
- Mixing spoon
- Rolling pin
- Grater
- Knife

## Ingredients:

- Spray oil
- ¾ cup greek yoghurt
- ½ cup wholemeal self-raising flour, ½ cup white self-raising flour
- ½ cup Tomato paste/pasta sauce
- 150g cooked ham or chicken
- ½ cup Spinach leaves, 5 mushrooms, 3 tomatoes, 50g low fat cheese (grated), ½ capsicum
- Optional: cooked pumpkin, beetroot, pineapple

## Method:

1. Add greek yoghurt and flour to the bowl and mix with a spoon.
2. Sprinkle some flour on the bench and knead the mix on a bench with your hands until it's a firm ball.
3. Use the rolling pin to flatten pizza dough to a thin circle.
4. Lightly spray tray with oil then bake pizza base in oven for ten minutes at 200 degrees.
5. Chop pizza topping ingredients.
6. Take pizza base out of oven and spread a thin layer of tomato paste on the base and then sprinkle other ingredients over the base.
7. Bake in the oven for 15 minutes until the pizza base is brown and the cheese is melted.



## BUDGET TIP



### EGGCELLENT EGGS

Full of protein, eggs are a cheap, nutritious alternative to meat. At \$3.60 for 12 eggs that's 30c an egg!!!

2 eggs = 1 serve.

Try eggs scrambled for breakfast, egg + salad roll for lunch or Speedy cheese frittata for dinner from cookbook #2.

## UPCOMING FREE PUBLIC PROGRAMS

DATE	LOCATION	TIME
Thursdays July 21st - August 11th	Foodbank WA, 23 Abbott Rd, Perth Airport	10:30 am - 1:00pm
Wednesdays August 24th - September 14th	City Farm, East Perth	5.30pm - 8pm
Fridays September 2nd - 23rd	Foodbank WA, 23 Abbott Rd, Perth Airport	10 am - 12:30pm

BOOK NOW at [healthyfoodforall/food-sensations](https://healthyfoodforall/food-sensations)

Email [foodsensations@foodbankwa.org.au](mailto:foodsensations@foodbankwa.org.au) or call 9463 3230



Food Sensations for Adults is a program funded by the Department of Health.

